

**Recipe- Steamed Whole Wheat
Spinach Dumplings**

**Recipe- Sukha kala chana
sabzi/ Dry black chickpeas
curry**

Recipe- Spicy Besani Aloo

**Recipe- Hariyala Kofta Curry
(No onion No Garlic recipe)**

Recipe- Lauki Rice/ Pulav (Bottle Gourd/Calabash)